



Enjoy the flavors and colors of fall! Get out doors with the family with these [fun activities](#).

Nutrient Spotlight: Beta-carotene

Sweet potatoes, carrots, and pumpkins are easy to cook with, and they're full of beta-carotene. Did you know that beta-carotene helps keep your night vision and your lungs strong? As the sun sets a little earlier each day, it's important to have healthy vision especially if your kids like to play outside! Beta-carotene is converted to vitamin A, which helps night vision and is essential for a healthy immune system.

Here are some ideas to incorporate the powerful phytochemical beta-carotene into your family's diet. The Super Crew calls them fight-o-chemicals because they fight off disease!

- Switch out your toast for [sweet potatoes](#)! Top with avocado, almond or peanut butter, or tuna for a quick, nutritious snack. [Sweet potato nachos](#) are also delicious.
- Add pumpkin into these [tasty meals and snacks](#).
- [Stuff your acorn squash](#) with kidney beans, rice, tomatoes, and chili powder and bake for a well-rounded twist on dinner.
- Boil carrots with potatoes and mash to make an even healthier version of mashed potatoes. Or make [tasty tater tots](#)!



Random Acts of Kindness Week: leave your kindness handprint!

November 5-11 is Random Acts of Kindness Week. While it is common to do random acts of kindness for your children and loved ones, random acts of kindness for complete strangers happen less. This week, try to commit to being a [Random Act of Kindness-ivist!](#) by making an effort to perform at least one random act of kindness for a stranger a day. It can be as simple as offering your seat in the waiting room or on the bus to an elderly person, holding the door open, or just offering a smile to someone who seems like they've had a bad day. You could also donate unused canned goods or volunteer at places like a soup kitchen, or have snacks in the car to give to someone on the road.



Parent Power Tips from SuperKids Nutrition Founder

As November brings around more friends and family to celebrate the holidays, stay on track with these healthy holiday eating tips:

- **Eat Breakfast!** It can be easy to forget about (or purposely skip) breakfast and/or lunch in preparation for those large family feasts, but this can cause [impulsive snacking](#) and overeating later on in the day.
- **Avoid Holiday Binges.** Have the mindset of the day be just like any normal day of eating, with the addition of a few special meals. It will help you avoid overeating, but will still allow for some fun treats.
- **Make Healthy Swaps!** [Revamp](#) some of your favorite holiday recipes, such as using [whole grains when baking](#) your epic desserts. Here are some more [healthy holiday eating tips](#) to teach your family this season.

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